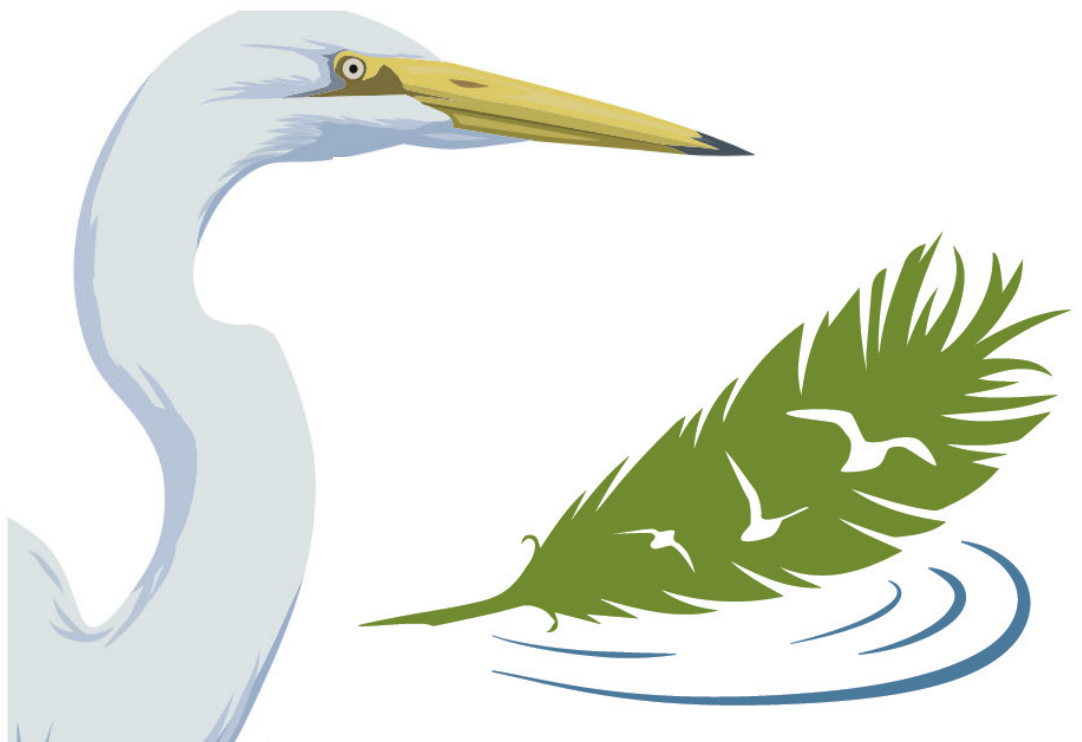


# SPA Champion Activity Book



Name: .....

# What is the Upper Nene Valley Gravel Pit SPA?

The Upper Nene Valley Gravel Pits are a series of lakes and wetlands that have been created from former gravel extractions. Now these areas that have shallow and deep waters and lots of islands and grass are perfect for certain bird species to rest and feed in the winter.

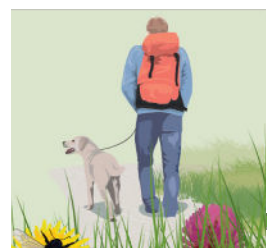
There are a few of these gravel pits in the Nene Valley, including Rushden Lakes, Stanwick Lakes, Northampton Washlands, Summer Leys and Titchmarsh Nature Reserves, as well as others.



From October to March over 20,000 waterbirds from places like Iceland, Scandinavia and Russia migrate to the Upper Nene Valley Gravel Pit SPA. There are lots of plants, fish, worms and insects living here that are perfect for these hungry birds to feed on.









It is important that these birds can feed over the winter in order to survive. Sometimes these birds are disturbed by dogs off of leads, people walking and cycling off of the paths, watersports and fishing.

We can help these birds to stick around and eat well by sticking to paths, staying away from nesting and feeding birds, keeping dogs on leads in the SPA, and fishing only in designated areas.



# Describe the logo

You might see the logos below on fences and gateposts out in local nature reserves and along the Nene Way. Can you work out what they might mean? Write it in the box. Some have been done for you.

	
	This is a ramble route meaning it may have muddy, uneven paths.
	
	
	
	
	
	This is a waterway route, suitable for narrowboats.

# SPA Quiz

## 1. What does SPA stand for?

- A. Swans Play Area
- B. Special Protection Area
- C. Space to Practice Acrobatics

## 2. What is the name of the river than runs from Northampton to Peterborough?

- A. Thames
- B. Nile
- C. Nene

## 3. Which important activity do birds do within the SPA?

- A. Build sandcastles
- B. Eat and rest
- C. Make friends

## 4. Which activities are dangerous to birds within the SPA?

- A. Walking dogs off of leads
- B. Walking and cycling off of the path
- C. Both of the above

## 5. Which of the following is NOT in the SPA logo?

- A. A frog
- B. A bird
- C. A feather

# Guess the bird

**Clue: the answers are in your  
Top Trumps pack**



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**Some times we forget to notice all of the wonderful wildlife around us. Next time you are out in nature, draw or write down what you see.**

<b>Birds</b>	<b>Insects</b>
<b>Plants</b>	<b>Fish</b>

# Word Search

N C I N S E C T S N  
E I H M R L I H M F  
N B A U S B F L K N  
E Y B D Y J I A N U  
E B I R D M S K E Y  
Z R T D O G H E S D  
G R A V E L P I T S  
Y I T Y Q O B Y J Y  
C I C G R A S S S J  
R W E T L A N D F O

Gravel Pits

Grass

Dog

Insects

Bird

Lake

Wetland

Fish

Nest

Habitat

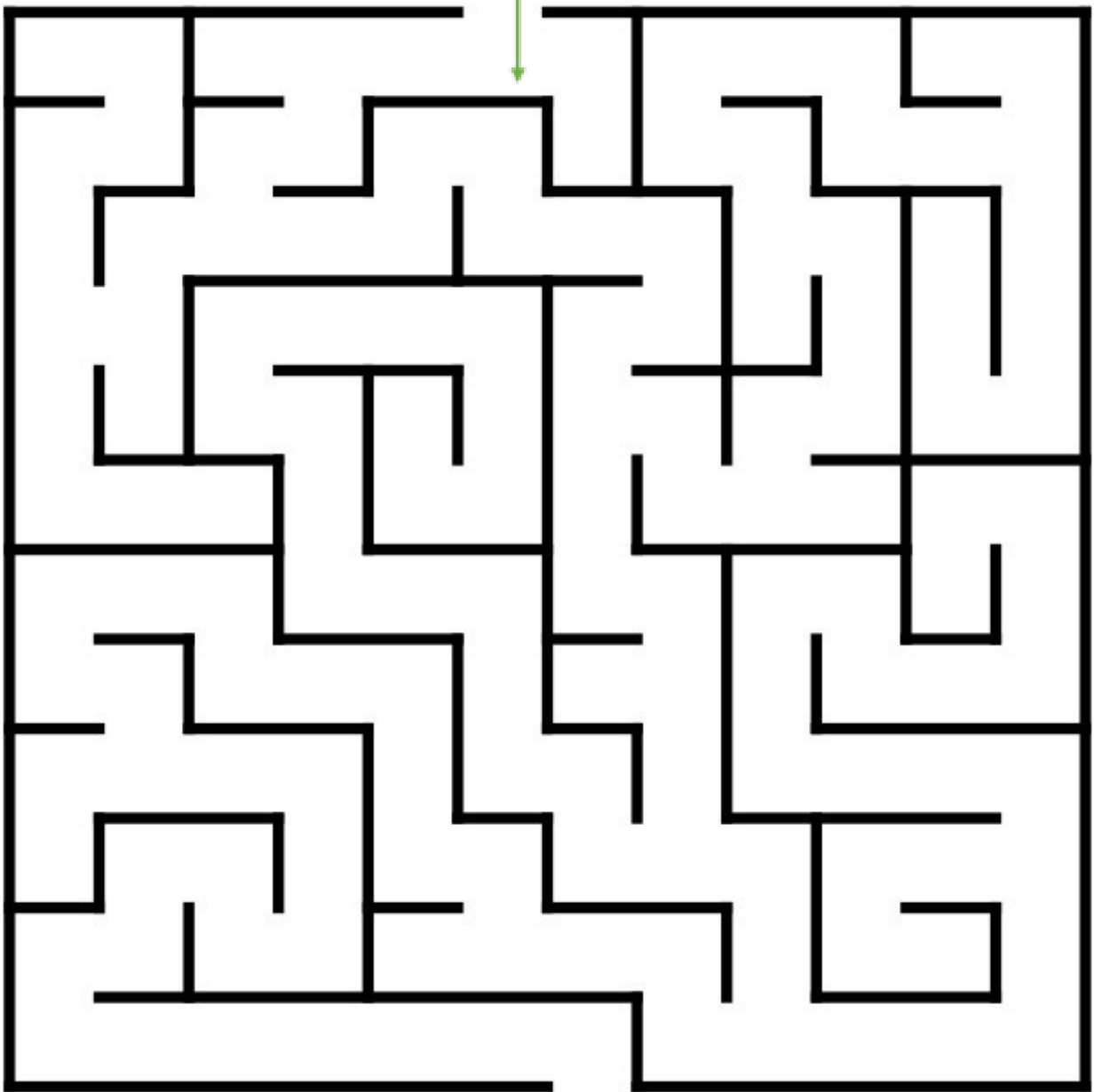
Nene

Mud

# Maze

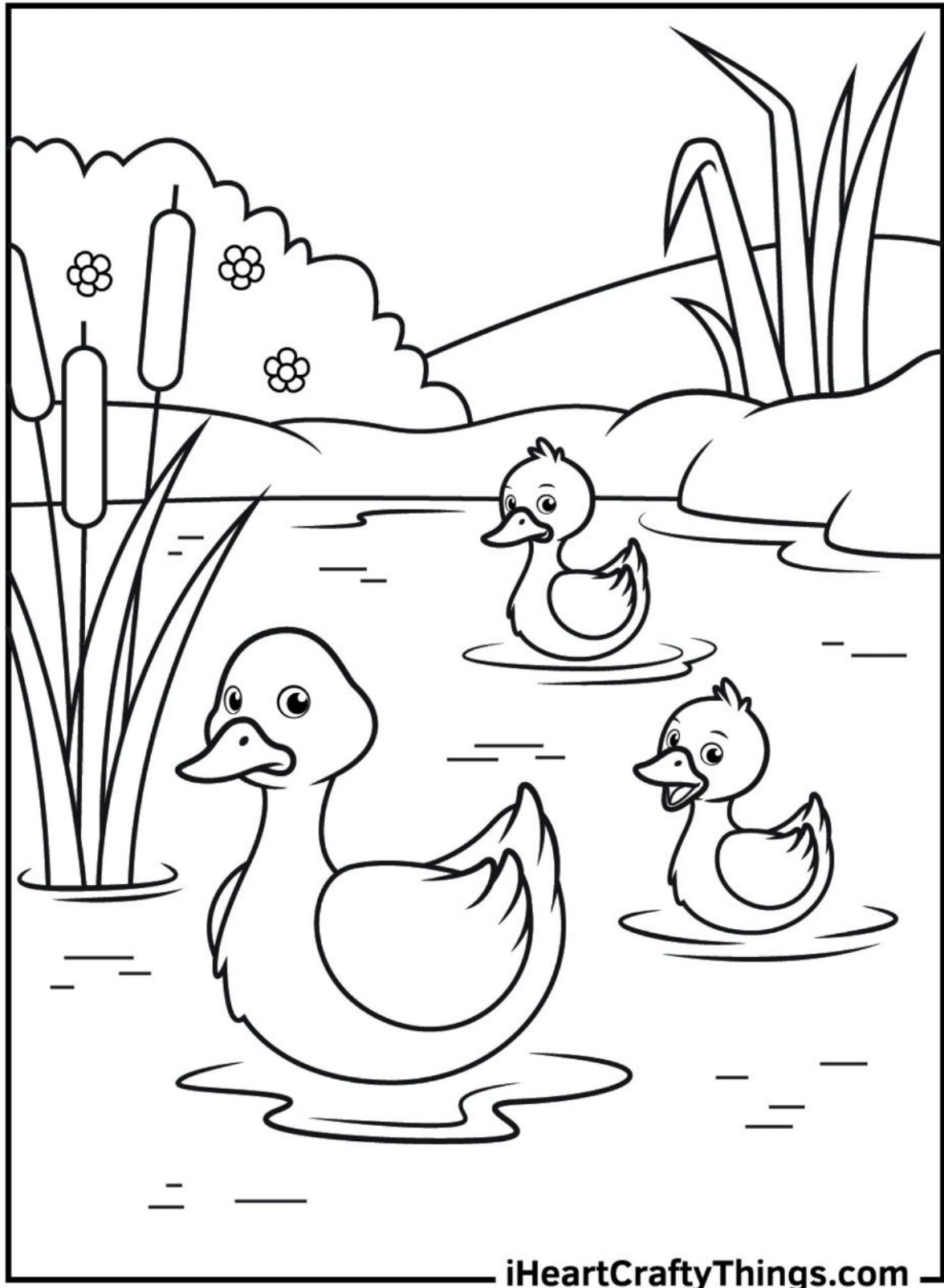
The egret has lost her pond, can you help her get home?

Start here

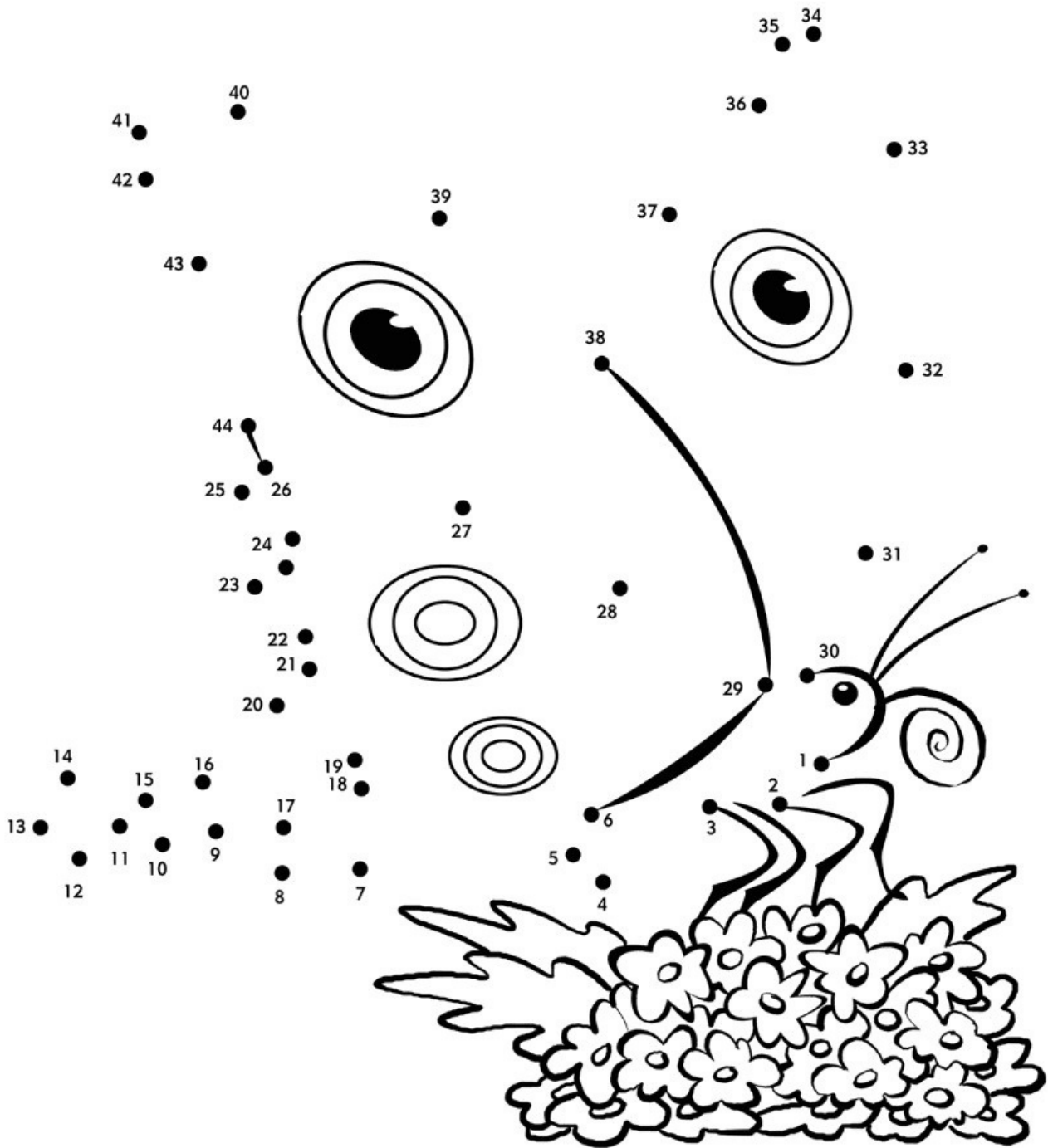




# Colouring



# Dot-to-dot



Connect the Dots to Discover the  
**Pollinator**

Thanks to the wonderful work of butterflies and other animal pollinators, the world's flowering plants are able to reproduce and bear fruit, providing many of the foods we eat, the plant materials we and other organisms use, and the beauty we see around us.

# As an SPA Champion, I promise to:

**1. Learn about the SPA**

**2. Act responsibly within the  
SPA**

**3. Spread my SPA knowledge  
with others**